



Baby Food Recipes

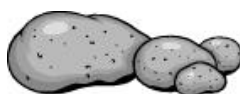


Steamed Vegetables

1 cup fresh or frozen vegetables (squash, peas, beans, carrots)

Wash vegetables and peel if needed. Steam in a little water, with the lid on. Cook until tender but not mushy. Cool. Puree in a blender or press through a food grinder. Throw out any strings or fibers. Add cooking liquid or juice until it's the right thickness.

****After baby has tried each vegetable by itself 3 or 4 times, mix some together for a new taste. Try carrots and peas, squash and carrots, or peas and green beans.**



Sweet Potatoes or Squash

Use 1 or 2 potatoes, or 1 small squash. Scrub the skin clean. Bake at 450 degrees in oven for 40 to 50 minutes. Poke with a fork to see if it's soft. Let it cool. Peel and mash with fork or masher. Add breastmilk, formula or a little apple juice to thin it if needed.



Baby Bananas and Fruits

Peel a ripe banana. Mash with a fork or masher until the lumps are gone and it's almost liquid. Add breastmilk or formula to thin it.

You can easily mash many soft fruits for your baby. Try ripe papayas and melons, or canned peaches and pears. Be sure to remove peels or seeds first. Add a little juice or water if you need it thinner.



For harder fruits, like apples or pears, gently cook in a little water or juice to soften, then mash.

Baby Meats

½ pound chicken, turkey, beef, pork
1 cup broth or water



Cut meat into ½-inch cubes. Put in a saucepan with broth or water. Simmer until tender – chicken or turkey will take 20 to 30 minutes, beef or pork will take 45 to 60 minutes. Drain and save the liquid. Blend 1 cup meat with ¼ cup cooking liquid. Add more liquid if you need it thinner.

******You can use any tender, cooked meat that doesn't have salt or seasonings added. Blend as directed.

Blended Dried Beans

1 cup dried beans (pinto, navy, kidney, garbanzo, etc.)
Breastmilk or formula (½ – ¾ cup)



Rinse and pick over 1 cup of dried beans. Soak in water overnight or boil for 2 minutes, then let sit 2 hours. Drain off the soaking liquid, and add 3 cups fresh water. Bring to a boil. Reduce heat and simmer, covered, until the beans are tender (30 minutes to 2 hours, depending on the kind of beans). Skim the surface of the pan often as the beans simmer. Drain, and blend with breastmilk or formula, using more or less to get the thickness you need.

Teething Crackers

1 cup flour	3 tablespoons cooking oil
1 cup dry infant rice cereal	Ice water

Preheat oven to 425 degrees. Mix flour and cereal in bowl. Slowly stir in oil. Mix in a little ice water at a time (start with ¼ cup) until dough forms a ball in middle of bowl. Roll out to thickness of a cracker on floured surface. Cut into shapes. Bake on ungreased cookie sheet 10 to 12 minutes, until light brown. Cool completely.